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Finding your soul-roommate

NAIT student awarded \$20,000 to launch website aimed at pairing potential roomies online **PAGE 6**

OK, NEW NEW YEAR'S RESOLUTION ...

METRO LOOKS AT WAYS TO STAY ON TRACK IN THE NEW YEAR **PAGE 19**

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OILERS SNAP STALEMATE

Oilers centre Boyd Gordon celebrates a game-winning goal against the Sabres by centre Matt Hendricks in the third period in Buffalo, Monday. Edmonton won 3-2. Full story, page 21.

GARY WIEPERT/THE ASSOCIATED PRESS

City councillor peddles bike lane removal motion

Gearing up for a fight.
No one is pleased with the end result: Walters



RYAN TUMILTY
ryan.tumilty@metronews.ca

Bike lanes the city put down last year could be coming right back up if one city councillor gets his way this week.

Coun. Mike Walters plans to introduce a motion this week to have the lanes on 40 Avenue, 95 Avenue, 106 Street and Saddleback Road removed and relocated to other areas in the community.

Walters said he believes in bike lanes, but these lanes were done without proper community consultation and no one is pleased with the end result.

"The breadth of the oppo-

sition is not just drivers who don't want bike lanes," he said.

Walters said the lanes don't have community support and if they don't lead to more cycling they won't be worth the cost of installing them.

"It's as important to me that the community has actually bought in," he said.

Walters said the city's bike plan was inadequately funded, which led to the city putting them in areas they didn't belong.

"We funded them to do it on the cheap and that's what we got," he said.

Due diligence

"It's not that simple. You have to go into a neighbourhood and see what's ... happening." Coun. Mike Walters

Walters said he respects the city's plan to create a cycling network, but it has to know what's happening in communities.

Chris Chan, executive director of the Edmonton Bicycle Commuters' Society, said before anything is done with the lanes he would like more time to see how they're doing.

"These new lanes should be evaluated and the criteria for the evaluation should be clear," he said. "We do want to see that it's supported by evidence."

Chan said if the city wants to remove the existing lanes, he would like to see where they are being relocated first and some sound evidence around why that would make them better.

Walters' motion will come Wednesday, when councillors consider a report on the city's public consultation efforts.

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Travel. 511 roads 'lifeline' aids 1.2M

More than a million travellers in a hurry to get going — even when it's snowing — have made use of Alberta's 511 road conditions service in its first year of operations.

Figures provided to Metro on Monday indicate 1.2 million unique visitors have ventured to 511.alberta.ca, which features real-time road conditions, travel and construction advisories, as well as the latest highway camera images.

The 511 phone hotline has also proved popular on days when navigating Alberta roads has proven particularly challenging. For example, on June 19 the service received just 192 calls; however, the very next day, more than 5,600 inquiries flooded the system as historic floodwaters roared into the southern communities and left many major routes impassable.

Alberta Transportation spokesperson Karen Sigurdson said the service also proved valuable as record snowfalls blanketed Calgary in December and Edmonton was also hit with repeated winter blasts.

"I've had people tell me it's become their lifeline.... What we really want to do is give people the tools so they can make their own decisions about driving safety," Sigurdson said.

Edmonton resident Susan Funke touted the benefits of 511 after tweeting an inquiry about Highway 2 conditions at the service's operators Monday morning after a light dusting of snow hit the Calgary area.

"All morning I stewed about — 'Should I go? Should I not go?'" said Funke, who planned to visit some friends for the day. "Then they (511 operators) got back to me and said things were clear.... It took five to 10 minutes." **JEREMY NOLAIS/METRO**

Mill Woods. Two dead, one injured after garage explosion

Two people are dead and a third person is in hospital following an explosion and fire in Mill Woods Monday night.

Edmonton fire rescue services were called shortly before 7 p.m. after reports of an explosion in a garage on Lee Ridge Drive.

Laura Ruddock, the fire department's public information officer, said that 26 firefighters and six apparatus were at the scene within minutes and found one injured person, but they did not know about the other victims until the fire was

under control.

"Upon getting the fire under control, two individuals were discovered deceased," she said.

She said the person who was taken to hospital was suffering from burns and other injuries, the extent of which were unknown.

Mill Woods resident Jennifer Blair said she was shocked to come home Monday evening and find police in the area.

After recently moving from Mundare to Edmonton, she says she's never experienced

anything like this before, adding it's been a generally peaceful neighbourhood to live in.

Ruddock said Edmonton police were working with Edmonton fire in the investigation, but they were in the very early stages of the investigation.

"We don't have a cause that is being investigated," she said. "We know there was an explosion in the garage, which caused the fire, and that is as much information as we have at this time."

RYAN TUMILTY/METRO WITH FILES FROM LEAH GERMAIN



Police and fire investigators are searching for clues after an explosion rocked Mill Woods, killing two and injuring another. **LEAH GERMAIN/METRO**

Smart fares? Preferred fare structure first: City board

All about timing.

Transit users want to see off-hours and shorter transit distances rates considered



STEPHANIE DUBOIS
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Smart fare technology on transit shouldn't come without a preferred fare structure, says the city's transit advisory board.

Members of the Edmonton Transit System Advisory Board are set to bring forward their concerns at a meeting Wednesday that information provided in the city's business case for the transit fare technology hasn't been justified.

"We should have the fare structure in place that we want to use for the next 10 years, which is about the life of the smart card fare system. We just felt that needs to be done first before getting into the procure-

Details

- The board says they also recommend a revised business case for smart fare collection equipment prior to a final investment decision.
- The smart fare technology proposal is about \$30 million.
- The smart fare technology would allow for use of debit or cellphone to pay.

ment of a smart fare," said Amy Minnix, a board member.

Preferred rates for clients travelling on transit for just a few stops, or after hours, are all elements the board feels should be considered before council progresses with planning, said Minnix.

"As citizens, as transit users, we want to see a bit more justification for such a large expenditure which, depending



A city advisory board is asking council to consider a preferred fare structure before implementing smart fare technology. **METRO FILE**

how they procure those funds, might have an impact on passengers," she said.

The business case studied by the advisory board included an estimated savings of \$25.8 million over 10 years from reduced fare evasion, something they said isn't justified at this time.

Coun. Amarjeet Sohi thinks the city needs to be "cautious" moving forward in developing transit fares, but that the advisory board's recommendations do have some merit.

"At the end of the day, we want to keep the system affordable," he said.

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Dan Klemke poses with a mock-up of the west railing of the High Level Bridge. Klemke's wife committed suicide from the bridge last year and he wants council to bring in a physical barrier. RYAN TUMILTY/METRO

City moving to halt suicides on High Level Bridge

Desperate plea. Man who lost wife wants city to erect barrier



RYAN TUMILTY
ryan.tumilty@metronews.ca

An Edmonton man is imploring city councillors to consider a permanent barrier on the High Level Bridge, where his wife took her life last year.

Dan Klemke came to the community services committee Monday to discuss the issue, which former mayor Stephen Mandel raised last year.

Councillors voted to install distress telephone lines on the bridge immediately and to study three potential designs for a permanent barrier on the bridge. Those options have been estimated to cost between

\$600,000 and \$2.9 million.

Klemke told councillors that the High Level had been a focal point for suicidal people for far too long. "The High Level Bridge has been a monument to tragedy for as long as I can remember," he said.

Klemke said extending the sections of the bridge that are currently protected with chain link fence would immediately cut down the number of suicides from the bridge.

"The time for action is now; there is an obvious cost-effective fix," he said.

Klemke conceded that people determined to commit suicide would find a way, but a barrier would stop people from making impulsive decisions.

"We just need to give some pause at that moment," he said.

Coun. Scott McKeen applauded Klemke for coming forward and talking about an

Securing the High Level

The distress telephone lines on the bridge will be connected to the Support Network's 24-hour crisis line.

- The city estimates installation of four phones will cost about \$20,000.

important issue.

"I hope you appearing here today launches a broader conversation about this issue," he said.

Mayor Don Iveson said he is interested in the barrier, but believes the distress line is key because it can connect someone with mental-health resources.

"The presence of the call box is not the important thing, it is the presence of the person on the other end of the phone."

New city committee

Group to address women's issues

City councillors endorsed plans for a new women's advisory committee. First floated last year, the proposed committee would act similarly to Edmonton's Next Gen, which raises youth issues. Janet Buckmaster, who helped design the committee, said "We want to try and make Edmonton a woman-friendly city." **METRO**

Londonderry Mall

Man arrested after carjacking and assault

Edmonton police have charged a man in relation to a violent assault and car theft at a west-end shopping mall last week.

Security staff at Londonderry Mall recognized the suspect on Friday afternoon.

Ryan Neil Charette, 29, was charged with robbery with a firearm, use imitation firearm during the commission of an indictable offence, possession of a controlled substance, and breaching the conditions of recognizance. **METRO**

Take note. U of A waiting on provost to approve November reading week



U of A Students' Union president Petros Kusmu. **METRO FILE**

University of Alberta is one step closer to being the first school in Western Canada to implement a fall reading week, as the school now waits on the provost to give the plan a green light.

Members of U of A's student union presented an updated proposal at a General Faculties Council on Monday, which includes a major redraft from previous proposals, following more than 60 consultations with various stakeholders.

"While we weren't necessarily starting off at square one, we were barely starting off at square two," said U of A's students' union president Pet-

ros Kusmu about previous attempts to introduce the break.

Planned for the week linked to Remembrance Day in November, Kusmu said the week would be jam-packed with activities for students, including those from abroad.

Acting provost Martin Ferguson-Pell said the latest proposal for a fall reading week has been well thought out.

"(A) fall reading week has been a discussion that we have had for a number of years and this proposal that is being brought forward is one that is a result of a considerable amount of consultation," he said. **LEAH GERMAIN/METRO**

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'Dotting the I's'. Province expected to sign off on CRL soon

A few more pieces of the downtown arena puzzle should be in place soon, as the city moves toward breaking ground on the project.

The provincial cabinet is expected to sign off early this month on the proposed community-revitalization levy that councillors approved last year.

Municipal affairs spokesperson Jerry Ward said a recommendation to approve the levy is going to cabinet soon.

Edmonton's chief financial officer Lorna Rosen said the city has been in ongoing discussions with the province about the levy and she is confident the province will sign off.

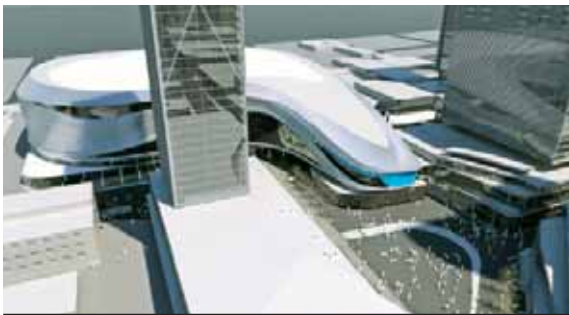
"Where I spend my time worrying about risks is about those that I think might actually materialize," she said.

One of the other outstanding issues is a new lease for the Edmonton Oilers at Rexall place. The team's current lease ends in June this year and the team won't be moving into the downtown arena until September 2016.

Northlands spokesperson Cathy Kiss said the negotiations for a new lease are down to the fine details.

"We are very close to finalizing the lease extension; it is just a matter of dotting the I's and crossing the T's," she said.

RYAN TUMILTY/METRO



A conceptual drawing of the proposed downtown arena. COURTESY CITY OF EDMONTON

Plea deal

Man sentenced after shooting two Mounties

An Alberta man who shot and wounded two Mounties during a standoff has been given a plea deal of nearly eight years, in part because officers didn't announce who they were before breaking into his home.

Court heard Monday that the RCMP tried to use a few different speaker systems to declare themselves on Dec. 3, 2011, but none was working. Officers also searched the man's rural property and believed no one was there. **METRO**

3 new sites coming

Alta. budgets extra \$5M to speed up children mental- health services

The Alberta government is putting up \$5 million to help children facing mental health crises.

Human Services Minister Manmeet Bhullar says the money will help fund three sites in Calgary, Edmonton and Red Deer to provide increased mental-health services to children and youth. There will also be cash to fast-track children who need immediate counselling.

THE CANADIAN PRESS



Kathleen Versteegt was recently awarded \$20,000 from NAIT's Hatch Business Plan Competition to kick off a website to help people find their ideal roommate.
LEAH GERMAIN/METRO

Finding roommate now 'like dating'

Online search.

NAIT student develops
site to help find an
ideal roommate

LEAH
GERMAIN
edmonton@metronews.ca

Kathleen Versteegt admits she's never had a bad roommate, but she hasn't had a great one either.

Inspired by her own lacklustre experiences, the NAIT student is hoping to take that

uncertainty out of the equation for people on the hunt for a roommate with a new website she calls TypeRoom.

"People liken it to a light bulb brightening up in your head, but really it's after years of work and seeing knowledge come together," Versteegt said about the project's conception.

Along with teammates Bernice Auma and Nigel Logan, Versteegt was recently awarded seed money through NAIT's fifth annual Hatch Business Plan Competition.

With plans to develop the website over the summer and

Funding

\$20K

The amount of funding awarded to Versteegt on behalf of the Hatch Business Plan Competition

launch it in the fall, Versteegt compared the project to a dating website.

"It's kind of like dating, but it's a different end," she said.

Best described as a personality-matching website, the program helps people find

a roommate by having users complete a personality assessment to determine potential matches.

Sandra Spencer, operations manager for the NAIT Research and Innovation team, said the Hatch program allows students with a keen entrepreneurial sense to be their own boss.

"NAIT being a polytechnic, we're focusing on that hands-on practical experience and part of that's entrepreneurial," said Spencer, adding the team is looking forward to working with Versteegt on her TypeRoom project.

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Greatest tale of survival at sea — if proven true

Survivor. Spanish-speaking man says he drifted 13 months across Pacific Ocean in a 7-metre fishing boat

It's a story that almost defies belief: A man leaves Mexico in December 2012 for a day of shark fishing and ends up surviving 13 months on fish, birds and turtles before washing ashore on the remote Marshall Islands thousands of kilometres away.

But that's what a man identifying himself as 37-year-old Jose Salvador Alvarenga told officials Monday a week after he washed ashore on the tiny atoll of Ebon in the Pacific Ocean.

Other cases

There have been other cases of people surviving for months adrift.

- Three Mexican shark fishermen in 2006 said they were lost at sea for nine months before being rescued near the Marshall Islands.
- In 1989, four men survived nearly four months in the Pacific Ocean near New Zealand after their boat capsized.

Officials were reacting cautiously to the Spanish-speaking man's story while they try to

piece together more information.

The soft-spoken man complained of joint pain and had a limp but was able to walk. He had long hair and a beard, and rather than appearing emaciated he looked puffy in places, including around his ankles. Otherwise, he seemed in reasonable health.

Gee Bing, the acting secretary of foreign affairs for the Marshall Islands, said he was somewhat skeptical of Alvarenga's account after meeting with him Monday. "When we saw him, he was not really thin compared to other survivors in the past," he said.

Bing said the man had no identification, and other details of his story remained sketchy.

THE ASSOCIATED PRESS



Man facing jail time for cat-throwing video

Oscar the cat is pictured in Marseille, France, Monday. Officials say a 24-year-old man accused of injuring a kitten by throwing it against an apartment building, then uploading a video clip of the act on his Facebook profile is being prosecuted for animal cruelty and faces up to two years in prison and a \$40,500 fine. The Marseille SPA office says it is treating Oscar for a broken foot and a stomach injury suffered in the attacks, which occurred after the accused found the kitten on a street. The owner later recovered his pet and brought it to the SPA for treatment. CLAUDE PARIS/THE ASSOCIATED PRESS

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Vancouver deputy mayor meets IOC execs to talk LGBTQ rights

Sochi. Meeting with IOC president's senior staffers proves hopeful



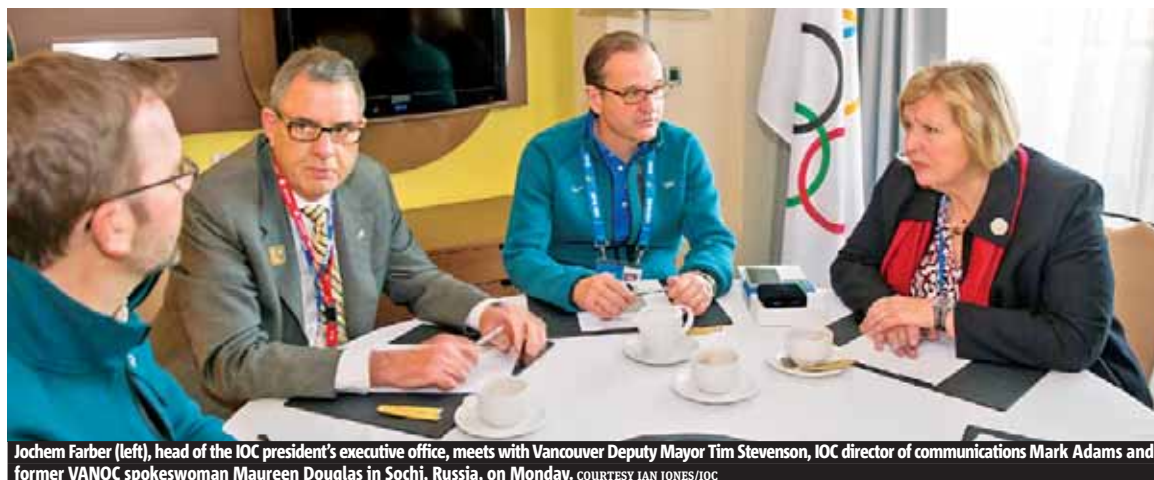
KATE
WEBB
Metro in Vancouver

It took Vancouver Deputy Mayor Tim Stevenson just three days after arriving in Sochi, Russia, to get what he came for: A meeting at the office of the president of the International Olympic Committee (IOC).

The openly gay city councillor travelled across the world with the full backing of his hometown, a former Olympic host city, to urge the IOC to add sexual orientation to its charter among other unacceptable forms of discrimination.

He came away hopeful it would do just that.

"I'm pinching myself a bit," he told Metro on Monday in a phone call from the subtropical Russian city, just hours after meeting with two of the IOC president's senior staffers.



Jochem Farber (left), head of the IOC president's executive office, meets with Vancouver Deputy Mayor Tim Stevenson, IOC director of communications Mark Adams and former VANOC spokeswoman Maureen Douglas in Sochi, Russia, on Monday. COURTESY IAN JONES/IOC

"It's far more hopeful, and I am far more positive than I thought I would be."

Stevenson explained that the new president himself, German fencer Thomas Bach, is busy meeting with heads of state and his executive board until the Games kick off Feb. 7.

But Stevenson was thrilled regardless to be able to sit down for 75 minutes with

Jochem Farber, the head of the president's executive office, as well as IOC director of communications Mark Adams.

"They basically said that with the new president, Bach, he is instituting a whole renewal program of the IOC and everything is on the table for discussion with the members, including sexual orientation," Stevenson said.

The sweeping review, known as "Olympic Agenda 2020," began in December and will be discussed in the coming days by the 100-plus members of the IOC. It will culminate in December with a huge conference and vote in Monaco.

Principle 6 of the Olympic charter currently states that "Any form of discrimination with regard to a country or a

person on grounds of race, religion, politics, gender or otherwise" is fundamentally incompatible with the IOC's principles.

Stevenson and his co-delegate, former VANOC spokeswoman Maureen Douglas, backed off on their initial plan to also lobby the IOC to make Pride Houses mandatory at future Olympics, after discus-

Quoted

"It's far more hopeful, and I am far more positive than I thought I would be."

Vancouver Deputy Mayor Tim Stevenson, on his meeting to urge the IOC to amend its charter to include sexual orientation.

sions over the last few weeks with advocacy groups. Pride Houses, which are safe spaces for LGBTQ athletes, were first introduced in Vancouver in 2010 but prohibited in Sochi by the anti-gay Russian government.

"I think that the more I've listened to Pride House International, the more I've realized that they want to be independent of the IOC, and they don't want to be controlled by the IOC," Stevenson said.

Stevenson and Douglas, who is lesbian, intend to continue meeting with Olympic officials and LGBTQ activists in Sochi until their scheduled return to Vancouver on Feb. 9. **WITH FILES FROM THE ASSOCIATED PRESS**

CSEC chief denies privacy breach

The head of Canada's eavesdropping agency says an effort to understand airport wireless systems did not breach the privacy of Canadians.

John Forster told a Senate committee that Communications Security Establishment Canada (CSEC) was merely collecting metadata, or data about data, and not the content of messages.

A document obtained by CBC indicates the pilot project was intended to help the agency locate kidnappers and terrorists.

The CSEC slide presentation suggests information

was taken from an unidentified Canadian airport's free Wi-Fi system over a two-week period.

Forster says the agency was trying to build a mathematical model to help determine a communication pattern at a public location, in this case an airport. He says the model has subsequently been used in at least two cases to identify legitimate foreign targets.

The May 2012 presentation suggests the project could help security officials zero in on a kidnapper based in a rural area who travelled to a city to make ransom calls.

Ottawa-based CSEC mon-

itors foreign computer, satellite, radio and telephone traffic of people, states, organizations and terrorist groups for information of intelligence interest to Canada.

It is a key player in the Five Eyes intelligence network that includes partner agencies from the United States, Britain, Australia and New Zealand.

Some civil libertarians say the agency's metadata monitoring is worrisome because even such seemingly innocuous material can reveal a lot about a person, such as their location and who they are contacting. **THE CANADIAN PRESS**



CSEC Chief John Forster.
FRED CHARTRAND/THE CANADIAN PRESS

Dramatic increase

WHO predicts rise in cancer cases

The World Health Organization's cancer agency warns there will be 22 million new cases of cancer every year within the next two decades.

A report Monday estimated there were 14 million new cases in 2012, but predicted that figure would jump due to global aging and the spread of cancers to developing nations. The agency said more than 60 per cent of the world's cancer cases are in Africa, Asia, Central and South America.

THE ASSOCIATED PRESS

Lev Tahor children

Kids must return to Quebec: Judge

An Ontario judge has ruled that children from an ultra-Orthodox Jewish sect, who left Quebec while social services was investigating the community, should be returned to that province.

Members of the Lev Tahor community, in Ste-Agathe-des-Monts, Que., were under investigation late last year for issues including hygiene, children's health and allegations that the children weren't learning according to the provincial curriculum.

THE CANADIAN PRESS



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Cat café coming to Vancouver

The right catmosphere. New Vancouver space will allow people to socialize with cats



EMILY JACKSON
Metro in Vancouver

A café just for cat lovers may pawssibly be coming to Vancouver.

Michelle Furbacher is applying for a business licence to open the "Catfé," a space where people will be able to socialize with cats while surfing the net or reading a book. Cat cafés are wildly popular in Tokyo, where dozens of shops charge customers a per-hour fee to hang out with feline furriends while

lapping up lattes. The concept has yet to take off in North America, but entrepreneurs are planning to open such venues in Montreal, San Francisco and Oakland, Calif.

Videos of the Japanese cafés inspired Furbacher's Catfé, which will act as a foster home for cats from animal shelters, she told Metro on Monday.

"People will meet the cats, fall in love with them and

maybe want to adopt them," Furbacher said, adding cats will be vaccinated, fixed and screened by a vet before being chosen for the café, which could open in September. Furbacher's shop will focus on providing Wi-Fi, a small library and event space.

"If we can get away with it, we'll serve bottled drinks and packaged foods bought off-site," she said.



Michelle Furbacher and a cuddly kitty. COURTESY MICHELLE FURBACHER

Olympics. Canada to 'keep an eye' on Russian involvement in Ukraine

Canada will be keeping a close eye on Russia's involvement in the turbulent Ukraine as the Winter Olympics get ready to begin in Sochi, says Foreign Affairs Minister John Baird.

Canada will continue to vigilantly monitor developments in Ukraine as the world's spotlight shifts to Russia this week, Baird told a news conference Monday.

"The Olympics are an exciting time for the athletes, for the world and for the Olympic spirit. We will very much be keeping an eye on the situation throughout Ukraine," he said.

"We will not be taking our eye off Ukraine for one moment during the Sochi Games."

Baird also registered Canada's outrage at the barbaric kidnapping of an opposition activist who was reportedly crucified by his Ukrainian captors.

"The abduction and abuse of pro-democracy activists is a cruel and crude attempt to deter peaceful protest through fear," he said in a statement. "We call for an independent investigation into this case and all other crimes against protesters." **THE ASSOCIATED PRESS**



Foreign Affairs Minister John Baird, in Ottawa, talks about the situation in Ukraine on Tuesday Jan. 28, 2014. SEAN KILPATRICK/THE CANADIAN PRESS

Not so sweet. Sugar consumption linked to fatal heart problems

Could too much sugar be deadly? The biggest study of its kind suggests the answer is yes, at least when it comes to fatal heart problems.

It doesn't take all that much extra sugar, hidden in many processed foods, to substantially raise the risk, the researchers found, and most Americans eat more than the safest amount.

For most American adults, sodas and other sugary drinks are the main source of added sugar.

Adults who got at least 25 per cent of their calories from added sugar were almost three times more likely to die of heart problems than those who consumed less than 10 per cent. **THE ASSOCIATED PRESS**

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Sochi. Stray dogs targeted for killing ahead of the Olympics

Thousands of stray dogs have been living amid the mud and rubble of Olympic construction sites, roaming the streets and snowy mountainsides, and begging for scraps of food.

But as the games draw near, authorities have turned to a company to catch and kill the animals so they don't bother Sochi's new visitors or even wander into an Olympic event.

Alexei Sorokin, director general of pest control firm Basya Services, told The Associated Press that his company had a contract to exterminate the animals throughout the Olympics, which open Friday.

Sorokin described his company as being involved in the "catching and disposing" of dogs, although he refused to specify how the dogs would



Stray dogs sit outside the Rosa Khutor Extreme Park course in Sochi, Russia. THE ASSOCIATED PRESS

be killed or say where they would take the carcasses.

The dogs have been causing numerous problems, Sorokin said Monday, including "biting children."

THE ASSOCIATED PRESS

Defence. Heavy security, gay rights issue won't detract from Games: IOC

Heavy security and Russia's anti-gay law should not detract from the Sochi Olympics, IOC President Thomas Bach said Monday.

Bach also reiterated his defence of Russia's massive spending on the Winter Games, saying the money is going to the long-term transformation of the region.

Speaking at a news conference four days before the opening ceremony, Bach again voiced his backing for Russia's ability to deliver a safe Olympics amid threats of terror attacks by Islamic militants from the North Caucasus. Tens of thousands of military and police personnel have been de-



International Olympic Committee President Thomas Bach. THE ASSOCIATED PRESS

ployed to protect the games, as well as warships, anti-missile batteries and drone aircraft.

THE ASSOCIATED PRESS

Keynote address

UN chief to take part in opening of Winter Olympics

Secretary-General Ban Ki-moon will take part in Friday's opening of the Winter Olympics in Sochi, Russia, and deliver a keynote address to the International Olympic Committee's general assembly, the first by a UN secretary-general, officials said Monday.

Ban's visit to Sochi comes after several world

leaders decided to skip the games, including U.S. President Barack Obama, German President Joachim Gauck and French President Francois Hollande. Russia has come under criticism for its human rights record and law against gay "propaganda."

Besides delivering the first-ever keynote speech to the IOC assembly by a UN chief, Ban will be speaking publicly and holding bilateral meetings with world leaders attending the games, Nesirky said.

THE ASSOCIATED PRESS



Police officers escort children away from School No. 263 in Moscow on Monday after an incident in which investigators said an armed teenager killed a teacher and a policeman before being taken into custody. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

Student goes on shooting spree

Weapons of choice.

In addition to the small-calibre rifle, the shooter was also carrying a carbine, a short-barrelled rifle

A 10th-grade student with two rifles burst into his Moscow school on Monday, killing his geography teacher and a policeman in front of about 20 students, investigators said. His father played a key role in freeing those students before police stormed the classroom and took his son into custody, the city police chief said.

The student gunman also

seriously wounded a second police officer who had responded to an alarm from the school, investigators said.

None of the approximately 400 children in School No. 263 at the time were hurt, said Karina Sabitova, a police spokeswoman. But students were so fearful that some ran from the building with their teachers without stopping to put on coats in below-freezing temperatures. The school in northeast Moscow is for children in grades one through 11.

The ethnic Russian teenager entered the school after threatening its security guard, who managed to hit an alarm before following the student to his classroom, said Vladimir

Markin, spokesman for Russia's Investigative Committee, its main investigative agency.

"Without saying a word, he fired several shots at the geography teacher," Markin said.

The shooter fired at least 11 times from a small-calibre rifle, also killing one police officer and wounding a second, Markin said.

The youth's father was immediately called to the school. He spoke to his son on the phone for 15 minutes to try to persuade him to let the 20 or so students in the classroom leave, but the boy refused, Moscow police chief Anatoly Yakunin said in televised remarks.

The father, wearing a bullet-proof vest provided by police, then went into the classroom. About 30 minutes later, the trapped students walked out, leaving the father and son alone in the classroom, and police special forces stormed in, Yakunin said.

Investigators were questioning the father, the classmates, school staff and the security guard to try to determine why the student shot the teacher, Markin said.

THE ASSOCIATED PRESS

16 years old

Shooter's nervous breakdown

The Moscow high school student who investigators say shot dead a teacher and a policeman days before the Sochi Olympics apparently had a nervous breakdown, according to a state official. Russian Investigative Committee spokesman Vladimir Markin told journalists that he believed the gunman, a 16-year-old student, suffered an emotional disorder, saying the he had an excellent school record and no apparent conflicts with either teachers or fellow pupils. He was a "straight-A student and most probably he had some kind of emotional breakdown," said Markin. He added that detectives "will examine a computer of the senior student and all details of his private life."

Quoted

"We have to raise a new generation of theatre-goers with good artistic taste who can understand and value theatrical, dramatic and musical art. If we had done this in a proper way, then perhaps there would not have been a tragedy like today's in Moscow."

Russian President Vladimir Putin, responding to Moscow school shooting.

75 die in Central African Republic town

Violence erupts in Boda. Intense fighting breaks out in Bangui

Clashes between Muslim and Christian residents have left at least 75 people dead in a single town, a local priest said Monday, while heavy fighting broke out between rebels and peacekeepers in

the capital.

In Bangui, Muslim militias engaged Burundian troops who returned fire in some of the heaviest fighting since France sent peacekeepers to its former colony in early December. Some 1,600 French and 5,000 African peacekeepers are struggling to keep a lid on the violence. An untold number of people have been

Surrounded by fighting

"What we are living through in these communities is horrific."

Father Cassien Kamatari, priest from Boda, Central African Republic

slain across the country since March 2013 when armed rebels overthrew the president,

setting off sectarian violence.

Father Cassien Kamatari told The Associated Press on Monday that fighting had erupted in the town of Boda, outside Bangui. Muslim victims were buried soon after the attacks so it was not known how many of them were also killed in addition to 75.

THE ASSOCIATED PRESS



Men take cover as heavy gunfire erupts in the Miskin district of Bangui, Central African Republic, Monday. JEROME DELAY/THE ASSOCIATED PRESS

Cairo

Egyptian TV airs video of Al Jazeera journalists' arrests

Accompanied by a dramatic music score, an Egyptian TV channel has aired a video of the arrest and initial interrogation of two Al Jazeera journalists, Canadian-Egyptian Mohamed Fahmy and Australian Peter Grete, at a Cairo hotel, escalating a campaign by the country's authorities against the network.

THE ASSOCIATED PRESS

Muslim Brotherhood

Mohammed Badie referred to trial

Egyptian prosecutors on Monday referred to trial the leader of the Muslim Brotherhood and 50 others on charges of inciting supporters to resist security forces during a deadly crackdown against them in August.

The prosecutors said Mohammed Badie, the group's spiritual leader, and his aides had planned to "bring down the state" and spread chaos.

THE ASSOCIATED PRESS



Pushing to nullify elections

Supporters of Thailand's anti-government protest movement are pictured waiting to catch a glimpse of leader Suthep Thaugsuban in Bangkok Monday. Protesters vowed Monday to stage larger rallies and push ahead with efforts to nullify an election they disrupted, preventing millions of people from voting. WALLY SANTANA/THE ASSOCIATED PRESS

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Report. Home prices overvalued by 10%

Canadian home prices are likely about 10 per cent overvalued given the expectations for rising interest rates, TD Bank said in a report Monday.

However, the bank also noted that the overvaluation in markets like Toronto, Vancouver, Montreal and Ottawa is likely more significant than in others across the country.

"These markets will likely feel the pinch from modestly higher interest rates over the next two years more so than others," TD economist Diana Petramala wrote in the report.

She noted that Montreal, Quebec City and Ottawa have been flooded with an overhang of inventory of unsold condos.

"Home prices have weakened in the second half of 2013 as a result and we expect that softness to persist in 2014," Petramala said.

The Canadian Real Estate Association reported last month that sales through its multiple listings service totalled 457,893 homes for 2013, up eight-tenths of a per cent from 2012.

The national average price for homes sold in December was \$389,119, up 10.4 per cent from the end of 2012. Excluding Greater Vancouver and the Toronto region, the year-over-year increase was 4.6 per cent.

The Canadian housing market and worries about a real estate bubble have been key concerns for policy-makers for several years. Recent indicators have suggested the market may be headed for a soft landing instead of a bubble bursting, but concerns have persisted.

THE CANADIAN PRESS

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Facebook CEO Mark Zuckerberg is seen at Facebook headquarters in Menlo Park, Calif., last April. JUSTIN SULLIVAN/GETTY IMAGES FILE

Growing pains as Facebook hits 10

An awkward phase.

As the social media site enters its tweens, it aims to be effortlessly hip as whippersnappers like Snapchat bite at its heels



KIERON
MONKS

Metro World News in London

When a 2013 academic paper suggested Facebook could swiftly go the way of MySpace, the social media giant was able to laugh off the claims, showing that its client base was growing while the university

Staying on trend

"Facebook is under massive pressure to keep changing and I expect to see a vast new ecosystem of standalone apps for different purposes."

Matthew Rhodes, digital-strategy consultant

in question was sliding.

Marking 10 years today Mark Zuckerberg's baby has reasons to celebrate. Over one billion of us now hold accounts, with a steady increase in monthly users in every region of the world. Stock value has soared past \$150 billion after a disastrous initial flotation.

Yet there are growing threats to the global leader.

Facebook's recent output — including recent apps such as Paper, which makes reading easier and integrates with Instagram; and Messenger, a no-frills riff on Snapchat — shows the company is aware its crown is slipping in a white-hot competitive market.

Teenage users are down 25 per cent in the last three years, and the company's own research highlighted "decrease in

daily users, specifically among teens" as a leading concern.

The classic formula is no longer enough, and the company is responding with creative gambles.

"The rate of change has to keep pace with both technical innovation, and the changes in consumer taste," Matthew Rhodes, Director at FreshMinds digital strategy consultancy, told Metro.

Zuckerberg himself suggested it would take the next "three to five years" to transition from web to mobile company, in which time rivals such as Twitter and Instagram could have continued their rapid expansion alongside new competitors.

Very own KITT car

Knight Rider 2017? U.S. may mandate 'talking' cars

Your car might see a deadly crash coming even if you don't, the U.S. government says, so officials are moving to require automakers to equip new vehicles with technology that lets them warn each other when they're plunging toward peril. THE ASSOCIATED PRESS

107-member team

French business delegation aims to renew ties in Iran

A large French business delegation arrived in Iran on Monday hoping to revive economic ties amid the easing of Western sanctions following a landmark agreement over Tehran's disputed nuclear program. THE ASSOCIATED PRESS

IMF report

Tories can loosen grip on budget

The federal government can loosen its efforts to balance the budget by 2015 in the event of an economic downturn, the International Monetary Fund said Monday.

THE CANADIAN PRESS

Market Minute



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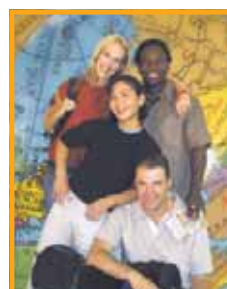


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Savings advice. Two main vehicles available as you map out personal financial goals

YVLA
VAN BUUREN
For Metro

"Every January, Canadians start thinking about getting fit. And every February, even though we should be thinking about it all year, most Canadians start thinking about retirement," says Dean Owen, a Saskatoon-based financial adviser with Advocis, the Financial Advisors Association of Canada.

Two important retirement savings vehicles are the registered retirement savings plan (RRSP) and the tax-free savings account (TFSA).

RRSPs were introduced by the federal government in 1957 to allow you to save for the future on a tax-sheltered basis. A big advantage is that contributions are tax deductible the year they are made,

Contribution amounts

- **RRSPs:** 18 per cent of the previous year's earned income
- **TFSAs:** Up to \$5,500 plus any unused contribution room from previous years (up to \$5,000 annually from 2009 to 2012)
- **Unused contributions** for both can be carried forward

Owen said.

"And that gives you an immediate break on your tax bill."

But you will have to pay tax when you withdraw funds from your RRSP down the road. The amount is added to your income that year and taxed at regular rates. There may also be old age security clawbacks based on income.

"Withdrawing from your RRSP may push you into an income bracket where old age security is reduced."

The TFSA was introduced

in 2008 and is also a registered account with the federal government. The benefit of a TFSA is that it allows your investment income and capital gains to grow tax-free, Owen said.

"You're never taxed on the growth, and any withdrawal is tax-free."

Also, TFSA funds will not affect eligibility for federal income benefits such as old age security.

The main disadvantage for many people is that TFSA contributions are not tax deductible when you contribute the money.

RRSP or TFSA?

It can be tough to balance the benefits against the disadvantages of both, Owen said. What's important is that you look at both in relation to your personal financial goals and situation.

"My general recommendation is that people with an income over \$50,000 invest in both RRSPs and TFSAs. But if your income is below \$40,000, an RRSP may not be your first or best choice."



Two important retirement savings vehicles are the registered retirement savings plan (RRSP) and the tax-free savings account (TFSA). BIKERIDERLONDON/SHUTTERSTOCK

Understanding RRSPs. Mistakes to avoid



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Smart Investing

The registered retirement savings plan (RRSP) is a popular vehicle for Canadians to save money on a tax-deferred basis for their retirement.

But RRSPs are not a retirement panacea, and there are a few things investors should be aware of and avoid when it comes to their plans.

"It's really important to understand RRSPs, their benefits, why you should contribute and what you shouldn't do," said Chris Buttigieg, senior manager of wealth planning strategy with BMO Financial Group.

"A lot of people make contributions but don't really understand some of the consequences of RRSPs, such as early withdrawals and benefits like tax-deferred growth."

Perhaps the biggest no-no associated with RRSPs is to withdraw money for any reason other than investing in the first-time homebuyers or lifelong learning plans,



Investors should be aware of RRSP mistakes and avoid them when it comes to savings plans. OLESYA FEKETA/SHUTTERSTOCK

which allow you to withdraw certain amounts of money from your RRSP to buy your first home or go back to school and repay it within a certain period of time without paying tax.

The government taxes other early withdrawals very heavily. And there are other penalties.

Once you withdraw the money it is considered income and will be added to

your total income, which you are taxed on as well.

Once you have withdrawn the money it is removed from the contribution room available to you and you cannot re-contribute it later. If you

have \$30,000 contribution room and take out \$15,000, you are left with only \$15,000 of contribution room.

And once the money is out you have to start over again to save it and you lose the compounding growth that you could have received if it had stayed in.

Many RRSP investors make their contributions to get their tax refund but end up leaving the money sitting in cash where it will make little or no interest. It makes sense to talk to a financial adviser about building a portfolio in your RRSP to maximize gains and limit risk.

"Once you've made your contribution and get your refund why not apply it to some debt like a mortgage or invest it in a tax-free savings account — it's like hitting two birds with one stone," Buttigieg said.

Many people also do not pay attention to their notice of assessment from the tax department after they have filed their income tax, which shows their RRSP de-

duction limit. You can over-contribute up to \$2,000 for a year, but after that you are assessed a one per cent per month penalty.

Many people also overlook dedicating a beneficiary for their RRSPs.

If an RRSP holder dies and does not have a designated beneficiary such as a spouse, partner or dependent children, it can be transferred to the individual's estate and becomes subject to probate fees. It also becomes fully taxable.

"A lot of people simply make the mistake of not thinking about their retirement goals early enough in life and not developing a strategy for what to do with their RRSP savings," Buttigieg said.

THE CANADIAN PRESS

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PUTTING SEXY BACK IN SEXAGENARIAN

I've always hated the phrase "a woman of a certain age." It implies that once a woman has reached a point in her life when she is no longer considered youthful, her exact age is simply unspeakable.

Many of my friends are turning 30 this year (although some prefer to think of it as the first anniversary of their 29th birthday) and while I still have awhile to go before hit that milestone, I've already started noticing some of the inevitable signs of aging. At my mother's insistence, I recently began a nightly ritual involving anti-aging creams infused with retinol and other gravity-defying serums that I'm convinced have a bigger impact on my bank account than my face.

In honour of her 60th birthday, Christie Brinkley appeared on the cover of this week's People magazine looking absolutely flawless—albeit a bit unnaturally smooth—clad in a bold one-piece bathing suit.



SHE SAYS

Jessica Napier

metronews.ca

Part of me wants to believe that there is an aging portrait of Brinkley rotting away in an attic somewhere, but the blond bombshell insists that her mostly vegan lifestyle and a "joie de vivre" are what keep her looking like a fresh-faced supermodel. Plus her rigorous exercise routine, monthly facials, numerous hair extensions and, of course, a little help from Adobe Photoshop.

Brinkley isn't the only sexagenarian baring her body in the news this week. American Apparel—a clothing retailer renowned for their envelope-pushing campaigns featuring lithe bodies in leotards—recently revealed a new lingerie ad featuring 62-year-old model Jacky O'Shaughnessy.

Unlike Brinkley's magazine cover, this image shows a woman with grey hair, lines on her face and folds in her stomach, and she still looks like a total babe. O'Shaughnessy probably has incredible genetics on her side and—if I had to guess—a lifetime dedication to sunscreen, but looking at

these striking images of a silver-haired beauty in lace underwear and bright red lipstick gives me hope for the future.

It's refreshing to see women like O'Shaughnessy in the media embracing their age rather than desperately trying to reconstruct their face into some unrecognizable Botox-filled version of their former selves. The older women in my life are some of the most beautiful people I know. Not because they are trying to look younger and deny their true age, but because they take pride in their appearance. When my great aunt passed away last year I can remember admiring how elegant she looked in the hospital bed dressed in her finest pearls, nails polished and her hair immaculately coiffed.

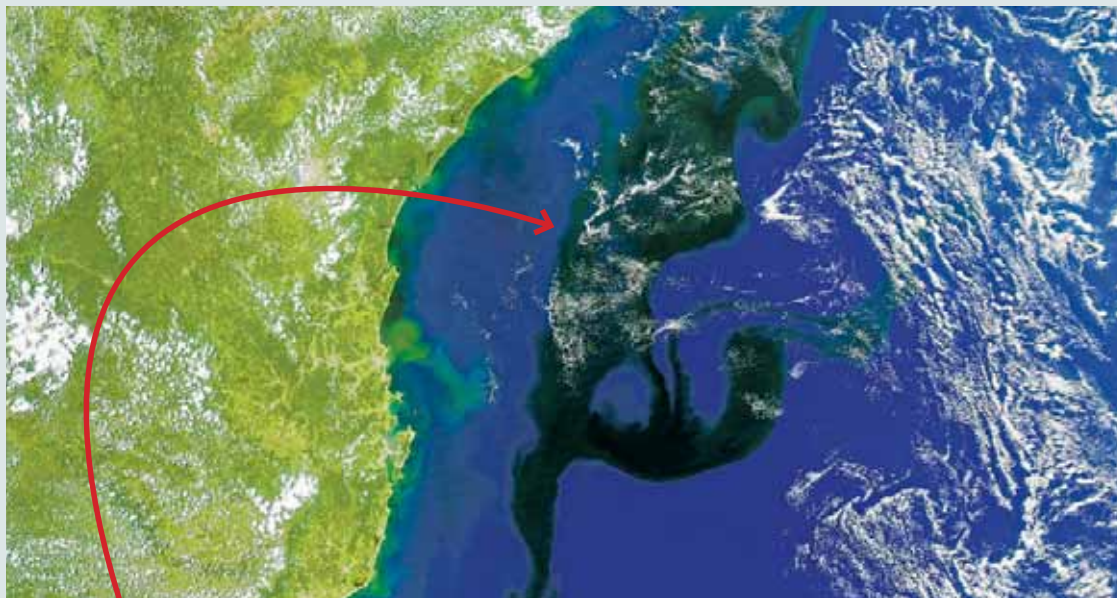
Aging can be a difficult process to come to terms with, but I would rather be who I am now than turn back the clock 10 years. I'll accept that teenage pimples give way to adult wrinkles and feel fortunate that I have such great memories behind each and every laugh line.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Brazil's dark cloud makes waves



NASA

Microscopic life

An ominous-looking dark blotch has been spotted stretching 800 km along Brazil's Atlantic coast.

The black formation, pictured by Aqua, a NASA satellite that monitors Earth's water cycle, is actually a bloom made up of microscopic animals known as *Myrionecta rubra*. Viewed close up, the bloom is red, but a distortion of light on the water means it looks black from orbit. **METRO**

What is marine bloom?

- **Definition.** Fast accumulation in the population of algae in water.
- **Concentration.** Up to millions of cells per millilitre.
- **Cause.** Result of an excess of nutrients into waters. Higher concentrations of these nutrients lead to increased growth of algae and green plants.

Microorganisms steal from algae

Living a metre below the water surface, *Myrionecta rubra* are dubbed the thieves of the microbial world: Using a "straw," these fast-swimming unicellular organisms suck out chlorophyll from other algae, and then use the pigment for photosynthesis in order to obtain energy. However, *Myrionecta rubra* are not known to be toxic to other marine life or humans. **METRO**

Risk factor

Certain algal blooms can threaten other aquatic organisms and the safety of human drinking water. Blooms can cause damage by blocking sunlight and depleting oxygen required by other aquatic organisms, as well as produce potent toxins that can cause adverse health effects to wildlife and humans.

METRO

Clickbait

DYLAN ROBERTSON
For Metro online

Planning your next vacation to a foreign land? These audio-translation apps may come in handy. Use your phone to order a beer, speak with cab drivers and even find sunscreen. Instant translation is literally in the palm of your hand.

Vocre:

Speak or type into your phone and have your phrases voiced out in 66 dialects. This app recognizes Canadian accents and slang, and can say your "bon mots" in both France French and Quebec French. You can also have a slightly delayed conversation with this app. \$4.99 for iOS, \$1.02 for Android.

Google Translate:

This app lets you translate text instantly between 80 languages. You can also draw words in foreign scripts, like Cyrillic or Chinese, and have the text typed out. Free for iOS and Android.



Twitter

A man says he left Mexico this past December for a day of shark fishing and ended up spending 13 months surviving on fish, birds and turtles before washing ashore on the Marshall Islands thousands of kilometres away. How would you survive on the seas?

@MeToddScott: in the Pacific there are tonnes of plastic. They create mini reefs for fish. A net fragment and I'm in business.

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lished right here.

Comments

RE: Video: Light humour, emotional ads rule Super Bowl, published online Monday, Feb. 3, 2014

Not a single one of these commercials made it to our TV. There was a Bell ad, several Rogers ads, and a bunch of 1-4 year old commercials such as the Mountain Dew one where the guy's spine should be crushed from the head-first collision.

ijdfc, posted to metronews.ca

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DVD review



Dallas Buyers Club

Director. Jean-Marc Vallée

Stars. Matthew McConaughey, Jennifer Garner, Jared Leto

Matthew McConaughey becomes a hero to the afflicted and a villain to outraged authorities in this fact-based 1980s story of a Texas rodeo cowboy who refuses to go quietly after HIV cuts him low. McConaughey lost some 40 pounds for the role of redeemable rogue Ron Woodroof, playing him with a faultless blend of vinegar and honey. Jared Leto is the other hero of this David versus Goliath drama, directed by Quebec's Jean-Marc Vallée. McConaughey and Leto have both been nominated for Oscars, deservedly so, at the March 2 Academy Awards.

PETER HOWELL

Investigation

Stamped drug bags found at Hoffman's house

A law enforcement official says tests have confirmed there was heroin in at least some of the dozens of plastic packets in a New York City apartment where Philip Seymour Hoffman was found dead.

Officials are working to determine whether the drug was mixed or tainted with anything else. An autopsy was being conducted Monday. Police have been investigating Hoffman's death as an apparent overdose. Law enforcement officials said he was found with a needle in his arm.

Two officials said Monday that at least four dozen small packets were found in the apartment. Some of the one-dose packets were stamped with the ace of hearts symbol, and others with the words "Ace of Spades" and that symbol, another law enforcement official said.

Stamps are common as a form of drug-world branding.

THE ASSOCIATED PRESS

Hoffman's Hunger Games role to remain untouched

'Devastating loss.'

Actor's castmates and co-workers mourn loss, but Hoffman's role in his final films will remain intact save for a small rewrite



RICHARD CROUSE
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The news of Philip Seymour Hoffman's sudden passing was met with a heartfelt outpouring of grief from fans and those who worked with him.

"Philip Seymour Hoffman was a singular talent and one of the most gifted actors of our generation," Lionsgate, the studio behind the upcoming Hunger Games: Mockingjay Part 1 and 2, said in a written statement. "We're very fortunate that he graced our Hunger Games family. Losing him in his prime is a tragedy, and we send our deepest condolences to Philip's family."

Hoffman played head-games-maker-turned-rebel leader Plutarch Heavensbee in the successful series. It is a pivotal role.

In the wake of the actor's death, questions arose as to whether the uncompleted blockbusters-in-waiting would be completed in time for their scheduled November 21, 2014 for Part 1 and November 20, 2015 for Part 2 release dates.

Hollywood studios have handled the sudden death of cast members in many different ways. In some cases, films are even abandoned.

Production on Something's Got to Give was shut down permanently after Marilyn Monroe's August 1962 barbiturate overdose.

Dark Blood, River Phoenix's final film, was put into cold storage when the young actor died before filming several crucial scenes. But both movies were eventually resurrected. The documentary Marilyn: The Final Days used footage from Monroe's aborted film while Dark Blood sat for 19 years before being finished and shown at film festivals.

Father and son Bruce and Brandon Lee both died early, leaving behind unfinished



Philip Seymour Hoffman played Plutarch Heavensbee in *Catching Fire* and the upcoming *Mockingjay Part 1* and *2*.
CONTRIBUTED

films. The elder martial arts legend had completed 100 minutes of *The Game of Death* when a cerebral edema took his life.

Even more tragically, Brandon was killed on the set of *The Crow* in an accident involving a prop handgun.

Both films were salvaged with the use of stand-ins.

When Oliver Reed collapsed of a heart attack at a Malta pub after out-drinking a group of Royal Navy sailors, the editing crew of *Gladiator* replaced him digitally in the remaining scenes of the film.

More recently, Heath Ledger unexpectedly died during the production of *The Imaginarium of Dr. Parnassus*. He was replaced in the surreal story by three actors.

"I just started calling friends of Heath," director Terry Gilliam said. "It's as simple as that."

"Johnny (Depp), Colin (Farrell) and Jude (Law) turned up. It was important that they were friends, because I wanted to keep it in the family. I wanted people who were close to him because, as Colin said when he was doing his part, he was channeling Heath part of the time,

so Heath was very much still alive in some sense.

"Contractually, it was supposed to be a Terry Gilliam Film," said Gilliam. "That's what the lawyers said, but I said, 'No way it's going to be that. It's going to be a film from Heath Ledger and friends.' The cast sat around one night and that idea came up and I said, 'This is it. Perfect. That's how we do it.'"

As for the upcoming Hunger Games films, reports now confirm that Hoffman completed work on Part 1 and had just seven days left of shooting on Part 2.

His absence will not require any recasting, just a rewrite of one scene. And so *Mockingjay Part 2* becomes the final film in Hoffman's remarkable career.

"Words cannot convey the devastating loss we are all feeling right now. Philip was a wonderful person and an exceptional talent, and our hearts are breaking," reads a statement released by The Hunger Games author Suzanne Collins, the films' director Francis Lawrence, producers Nina Jacobson and Jon Kilik and star Jennifer Lawrence.

Honouring Hoffman

Broadway theatres in New York City will dim their marquee lights Wednesday night in memory of Philip Seymour Hoffman, the movie and theatre star who earned three Tony Award nominations. The Broadway League said Monday the lights will be dimmed for one minute starting at 7:45 p.m. Eastern time. Hoffman made his Broadway debut in Sam Shepard's *True West* with John C. Reilly in 2000 and followed it up three years later with Eugene O'Neill's *Long Day's Journey Into Night* with Brian Dennehy and Vanessa Redgrave. In 2012, he played a powerful Willy Loman in *Death of a Salesman* by Arthur Miller under the direction of Mike Nichols. Each time he earned a Tony nod. He also was a longtime supporter of the off-Broadway Labyrinth Theatre Company, where he served as co-artistic director.

THE ASSOCIATED PRESS

2 SCENE



Tori Spelling and Dean McDermott ALL PHOTOS GETTY IMAGES

Top Chef Canada adds dash of Dean and teaspoon of Tori to its panel

Reality TV duo Tori Spelling and Dean McDermott will guest judge on the next season of Top Chef Canada.

Food Network Canada says Toronto Raptors forward Amir Johnson and star chefs Chuck Hughes, Lynn Crawford and Susur Lee are among the other guest judges for the season.

Seven men and seven women will compete on the new season, which premieres March 10 (at 9 p.m. ET/10 p.m. PT).

Food Network says it's the "most extreme season" of the series, in which chefs from

across the country battle for the title and prizes, including \$100,000.

Actress Lisa Ray returns to host and critique dishes alongside head judge Mark McEwan and restaurateur Shereen Arazm.

Last month, McDermott's publicist confirmed that the Toronto-born actor and Chopped Canada host had entered rehab for "some health and personal issues."

McDermott and Spelling married in 2006 and have four children.

THE CANADIAN PRESS



Justin Bieber

Strippers, Biebs and videotape: But will anyone want to watch?

Justin Bieber has racked up another piece for his commanding game of Career Tailspin Bingo, thanks to an illicit videotape being shopped around to media outlets which reportedly shows the troubled pop star cavorting with strippers in Australia, according to Radar Online. The tape, which was apparently recorded in Nov-

ember, shows Bieber romping "with two strippers, during which he spansks their bum and pulls off their panties with his teeth," according to a source who claims to have seen the tape, which was reportedly sourced from the strip club's in-house security setup. The anonymous seller is understandably demanding a fortune.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Think Miley's act is offensive? She doesn't give a Cyrus

MELINDA TAUB
Metro World News

Miley Cyrus could either be the next Madonna or the next Howard Hughes. The next Michael Jackson or the next, well, Michael Jackson. In other words, she could be an enduring superstar or completely flame out, and a new profile by Ronan Farrow (who knows a few things about growing up in a celebrity bubble) in W makes both possibilities seem equally likely.

Among the details we learn about Miley: She apparently hates to leave her house, doesn't listen to people unless they're talking about music, and relates strongly to Blanche Dubois, the mentally frail heroine of A Streetcar Named Desire.

Some of the things Miley doesn't like to listen to are the accusations that her act, which frequently in-

volves spanking and groping women of colour and little people, is offensive. "I don't give a s—," she says. "I'm not Disney, where they have, like, an Asian girl, a black girl, and a white girl, to be politically correct, and, like, everyone has bright-coloured T-shirts. You know, it's like, I'm not making any kind of statement. Anyone that hates on you is always below you, because they're just jealous of what you have."

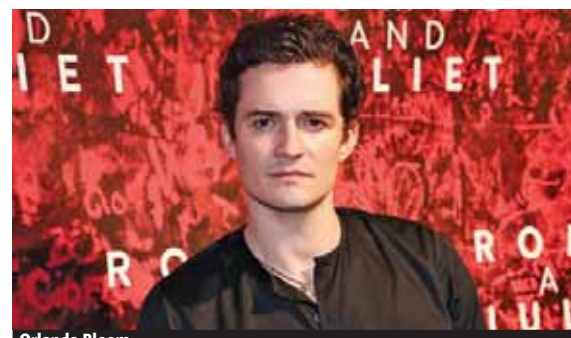
Probably it's not a great idea to respond to accusations of racism with, "You're below me." That could be misconstrued. Or correctly construed.

Miley's own cast, though, also spoke out in her defense.

"I say, 'Bah, humbug' to that," African American backup dancer Amazon Ashley says to critics. "Miley treats me with the utmost respect. Twerking is my act. It's what I enjoy; it's who I am."

Little person Brittney Guzman agrees. "When she grabs my boobs, we're just having fun," she says. "It's not degrading."

"We're just having fun" has never sounded so creepy.



Orlando Bloom

Is a new romance in full Bloom for Orlando?

While Orlando Bloom has been enjoying possibly the most amicable divorce in Hollywood history with his split from Miranda Kerr, he also appears to finally be entertaining new prospects again. Bloom was spotted recently at L.A. bar the Roger Room with French actress Nora Arnezeder, and though he was on his best

behaviour sources could tell something was up, according to People magazine. "Orlando was there just with a girl and not in a group," a source says. "He knew that there were paparazzi outside so he was being very careful about his behaviour with her." The pair later shared a ride home on his motorcycle.



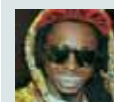
John Mayer

Recovering tweetaholic Mayer has fallen off the webbed wagon

Look out, Twitter. John Mayer is back on the scene. After making a big deal of quitting the social media forum back in 2010, Mayer logged back on over the weekend with a cheerful, "I'm back. What'd I miss?" His return might have something to do with the fact that his girlfriend, Katy Perry, is the most popular person on Twitter. Or maybe he's gotten over his Twitter-induced writer's block. In 2011, Mayer explained

why he had to quit Twitter: "I realized about a year ago that I couldn't have a complete thought anymore, and I was a tweetaholic," he said. "I had four million Twitter followers, and I was always writing on it. And I stopped using Twitter as an outlet and I started using Twitter as the instrument to riff on, and it started to make my mind smaller and smaller and smaller. And I couldn't write a song."

Twitter



@LilTunechi

Girl ya know I luv ya and I care 4 ya I got sum new shoes and a bag of hair 4 ya



@WhitneyCummings

Stop saying some random dumb thing is "everything" because then I have to sit there and exert all this energy trying not to roll my eyes



@JuddApatow

Whenever they show a hairy man's back on a commercial as a punch line I feel sad because I am always hairier than them.

Don't let your 2014 resolutions fizzle out

One month in.

Whether it's working out or breaking a habit, there are ways to get back on track

MELISSA DUNNE
life@metronews.ca

Mark Twain saw the glass as half empty in terms of New Year's resolutions. In January 1863, he wrote "Now is the accepted time to make your regular annual good resolutions. Next week you can begin paving hell with them as usual."

It turns out the great American writer wasn't far off the mark. Research by John Norcross, a professor of psychology at the University of Scranton, found 29 per cent of resolvers had already failed 14 days in and by February that number jumps to 36 per cent.

Mere hours into Jan. 1, I was guzzling Diet Coke straight from a bottle left over from a holiday party, though giving up the stuff was my resolution.

Like many Canadians, my



You are likely to slip but dust yourself off and try again. ISTOCK

desire to stick to my New Year's resolution quickly fizzled.

The first mistake I made in January was failing to modify my environment, says Nor-

cross. Having soda in the house was akin to walking outside in six-inch heels after a polar vortex and expecting not to slip.

On Jan. 2, I should have poured the pop down the drain, not down my throat. But my will to try went flat and I was back to drinking about two litres of caramel-coloured, aspartame-spiked, carbonated syrup per day.

This was another classic resolver mistake.

"A little slip is not a total fall," said Norcross, a man who has literally written the book on making changes stick.

You will slip. The trick is to dust yourself off and try again, not lie on the ground surrounded by empty pop

bottles. Norcross points out a study that showed 71 per cent of eventually successful resolvers said their first slip actually strengthened their resolve.

On Jan. 9, I resolved to white-knuckle my bête-noire anew, determined not to turn red from the embarrassment of failing this time.

So far, I have crushed my habit like those thin aluminum cans that used to fill my recycling bin. While Norcross' research shows by Canada Day 56 per cent of resolvers have given up, that means 44 per cent are still bubbling with optimism.

Twain be damned, in 2014 I'm going to see my glass as half full of soda ... water, thank you very much.

Get back on track

Have you already given up on your resolution for 2014? Get back on track with some tips from John Norcross, the author of *Changeology*.

- **Haters to the left.** Surround yourself with family and friends who support you and your goal.
- **Learn from the past.** Under-

stand why you slipped and recommit.

- **Bribe yourself.** If at the end of every week you have stayed the course, reward yourself with anything from a pedicure to concert tickets.
- **Keep track.** Seeing your progress in black and white will keep you motivated.

Is your breakfast making you fat?



A salad for breakfast? Don't rule it out. ISTOCK

LINDA CLARKE
Metro World News in New York City

Breakfast is the most important meal of the day, so you better do it right.

According to Dr. Rob Kominiarek in Ohio, if you don't choose wisely, you could be packing on the pounds before noon rolls around.

"The healthy breakfast is made of foods that don't raise your blood sugar," says Kominiarek.

"Foods that raise blood

sugar then raise insulin, and insulin is the fat-storage hormone.

"It tells the body to store fat.

"Foods that keep blood sugar stable are foods that enable us to use the available blood sugars and even stored fat."

To maintain stable blood sugars, choose low-glycemic promoting foods, like fresh vegetables (yes, even for breakfast) and fruits.

And opt for whole grains, as unprocessed as possible.

Processed food is more easily broken down in the body, releasing sugars more quickly into the blood stream.

Rolled oats, for instance, are more quickly digested into sugars than steel cut oats, or whole oat groats (grain).

Kominiarek says it doesn't matter what time you eat breakfast, as long as you "feel good throughout the day" and "follow up with healthy meals throughout the day."

For your phone

Carrot Fit (iPad, \$1.99)



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

A vengeful, talking computer monitors your weight loss in this darkly comedic fitness parody. Each day you type in your weight, Carrot reacts with outlandish insults and playful effects. Hilarious.



Half-Off

Elisha is now four weeks into her plan to lose 10 pounds in six weeks. But she's at an all-inclusive resort in Mexico on an emergency winter vacation. Will the all-day buffet and open bar do her in? Visit metronews.ca/voices/half-off to find out.

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What's crunchy, healthy and goes on everything from pizza to pasta?

Health Solutions

Brain food and then some



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You've seen the chain email that shows walnuts were created in the shape of your brain because they are brain food. And that carrots when cut into rounds look like eyes and are coincidentally good for eyes.

Google it! Kind of cool little quirky facts to kick around.

But the truth is, walnuts are good for lots more than just brains. They are also good for making ho-hum sandwiches, omelets, pastas and salads turn into amazing meals!

- Walnuts have been shown to reduce inflammation overall due to their good fat content.

- They contain high amounts of Omega 3, which has been shown to reduce the incidence of Alzheimer's, depression and ADHD, among other things.

- Walnuts are one of

the highest anti-oxidant nuts.

- Consumption of them has been linked to reduced risk of diabetes.

- One study says that they can reduce the stress related to high blood pressure.

Creative ways to use walnuts

- Toss whole and raw into salads.

- Toast and use in place of croutons in soup.

- Grind and add to pastry dough or shortbread.

- Puree into hummus.

- Use as a base for blue cheese appetizers.

- Make a gremolata and use everywhere.

Walnuts pair well in both sweet and savoury applications, plus their crunch and nutrients are good for your brain ('cause that's the way they are shaped — ha!).

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Gremolata is just one of the creative ways in which you can use walnuts. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

If you go too far and end up pureeing the nuts in the blender, add some Parmesan cheese and call it a pesto.

A quick pulse is really all you need to chop the nuts and keep them whole to make this topping known as Gremolata.

Traditionally, lemon zest is the key ingredient and the

others, as well as their proportions, are as flexible as your imagination.

Once made, this keeps in the fridge for a couple of weeks and jazzes up every salad, sandwich, pasta, dip, flatbread, pizza... You get the idea: use it to death!

1. Add all ingredients to a blender or mini-chopper and pulse until coarsely chopped. Store in fridge in a covered jar

FLASH FOOD



From your fridge to your table in 30 minutes or less

for up to 2 weeks. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

Ingredients

- 1/2 cup flat leaf parsley (ensure that it is rinsed and dried very well)
- 1/2 cup walnuts (toasted lightly in a dry pan)
- 1 clove garlic (minced)
- 1 tsp lemon zest
- Pinch of coarse salt
- 2-3 tbsp extra virgin olive oil

Warm up with Arugula and Spinach Salad



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

With warm mushrooms and melting cheese, this salad makes for the perfect winter dish.

Use any variety of mushrooms you like. The key is to cook the mushrooms on a medium-high heat until all the moisture evaporates.

You can sauté the mush-

rooms and mix the dressing up to a day in advance. If you do, dress just before serving.

1. Lightly coat a nonstick skillet with cooking spray and sauté the mushrooms over medium heat for about 8 minutes, or just until they are no longer wet and are slightly browned. Respray pan or add 2 tbsp (30 ml) water if mushrooms begin to burn. Keep warm.

2. Dressing: Whisk together the olive oil, balsamic vinegar,

mayonnaise, honey, garlic, mustard, and salt and pepper.

3. Place the spinach, arugula,

Ingredients

Salad

- 3 cups mushrooms, halved
- 4 cups baby spinach
- 4 cups arugula
- 1/2 cup grated Parmesan

Dressing

- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tbsp reduced-fat mayonnaise
- 2 tsp honey
- 1/2 tsp finely chopped garlic
- 1/2 tsp Dijon mustard
- pinch of salt and pepper



This recipe serves four. ROSE REISMAN

Super Bowl bets

Bookies boast record profits

Gamblers wagered a record \$119.4 million at Nevada casinos on the Super Bowl, allowing sportsbooks to reap an unprecedented profit as the betting public lost out in Seattle's rout of the Peyton Manning-led Denver Broncos.

Unaudited tallies showed sportsbooks made \$19.7 million on the action, the Gaming Control Board announced Monday. That's millions more than the past three Super Bowl wins combined.

The Denver Broncos were a 2.5-point favourite, but the Seattle Seahawks took the championship 43-8. Oddsmakers said Peyton Manning fans drove the unprecedented handle.

THE ASSOCIATED PRESS

Super Bowl bust

Business owner out \$7 million

Seattle's victory in the Super Bowl has cost Houston furniture store mogul Jim McIngvale some \$7 million.

McIngvale is the owner of one of the nation's largest independent furniture stores, Gallery Furniture. He promised customers who spent at least \$6,000 in the past two weeks and took delivery before Sunday's game that he'd refund their purchase cost if Seattle won.

McIngvale said Monday his accountant is "pulling his hair out." He says he didn't do well financially, but did build his brand. He says the promotion was not covered by insurance.

THE ASSOCIATED PRESS



The Oilers' Matt Hendricks scores on Sabres goaltender Jhonas Enroth in Buffalo on Monday night. The Oilers won 3-2. GARY WIEPERT/THE ASSOCIATED PRESS

Hendricks takes edge off of Sabres

NHL. New Oilers forward scores winning goal while short-handed

Familiar inconsistencies. Different result.

Matt Hendricks and the Edmonton Oilers proved they aren't so bad that they can't beat the lowly Buffalo Sabres — and on the road, no less. The newly acquired forward scored a short-handed goal 57 seconds into the third period, and the

On Monday

3

Oilers

2

Sabres

Oilers hung on for a 3-2 win in a matchup of the NHL's two worst teams Monday night.

Bouncing back from a lethargic effort in a 4-0 loss at Boston on Saturday, the Oil-

ers managed to eke out a win against the only team below them in the overall standings. Edmonton (19-33-6) won for the fourth time in five games and moved six points clear of the Sabres (15-32-8), who dropped to 4-8-4 in their past 16.

"We didn't have a very good game in Boston. We let them kind of dictate the game for 60 minutes," Hendricks said. "Tonight, we didn't have our 'A' game either, but we were able to get a road win."

Justin Schultz and Jeff Petry also scored for Edmonton, and

David Perron had two assists. Ilya Bryzgalov stopped 42 shots in helping Edmonton snap an 0-5-1 skid against the Sabres dating to a 4-1 win on Oct. 16, 2003.

Drew Stafford and Steve Ott scored for the Sabres.

Sabres backup goalie Jhonas Enroth stopped 25 shots, dropping to 1-11-5 this season and 0-9-4 in his past 13 starts.

The Sabres came up empty in extending their home skid to 0-4-3 — the team's longest since opening the season 0-8-1 in Buffalo. **THE ASSOCIATED PRESS**

NBA rounding into form by getting top heavy



Going into Monday night, the Indiana Pacers held the NBA's best record of 36-10. GETTY IMAGES FILE

Adam Silver is taking over the NBA at a good time.

In fact, for five teams, it's a really good time.

Indiana, Miami, Oklahoma City, San Antonio and Portland all enter the week with winning percentages of .700 or better, and that's significant.

Only one other time in league history — 1997-98 — have as many as five teams won at such a rate, that coming in a season when Chicago, Indiana, Utah, Seattle and the Los Angeles Lakers did the

honours. It's conceivable that more than five finish with that good a record, with the Los Angeles Clippers and Houston still having realistic shots, too.

So in a season where so much of the narrative has been about how bad many NBA teams are, and with good reason, there's another end of the spectrum to consider as well.

At their current rates, Indiana and Oklahoma City are on pace to finish with two of the top 25 records in NBA history.

THE ASSOCIATED PRESS

On the flip side...

Milwaukee, meanwhile, would have the 11th-worst mark ever if the season was ending now.

- And going back to last season, including play-offs, the Bucks have lost 55 of their last 67 games (while the Heat have won 63 times in that same span, starting on March 20).

4 SPORTS

'The pressure's clearly on them'

Hockey. Great things expected from Ovechkin and Malkin's Russians as they enter Sochi as 'centrepiece' of Games

Friends and family have been calling Alex Ovechkin and Evgeni Malkin for months, asking about Olympic tickets and wanting to know who was going to be on the Russian team.

"I field questions about Sochi always," Malkin said. "I feel right now it's pressure for the team, for me. It's everyone."

The Sochi Olympics are a showcase of a generation for Russia and Prime Minister Vladimir Putin, and with that comes the pressure of a lifetime for those taking part in the event the country believes it must win.

"I don't think about it because I don't want to take pressure right now on me," Ovechkin said last month. "But it's kind of hard to do. Every time when I go to the news and on the Internet, I just see about the Olympic Games."

From a hockey standpoint, that means attention on Ovechkin, Malkin, captain Pavel Datsyuk and NHL-star-turned-KHL-

Parallels of pressure



"We can relate, for sure. It wasn't that long ago, and we all know how proud of a hockey nation Russia is, too."

Sidney Crosby acknowledges the parallels between his gold-medal-winning Canadian team from four years ago and the 2014 Russians.

suk and NHL-star-turned-KHL-hero Ilya Kovalchuk, and the expectation of gold on Feb. 23 at Bolshoy Ice Dome. Anything less isn't an option the Russians want to consider.

It's similar to what Canada went through in Vancouver in 2010 with a need to show dominance in a national sport. Given that Russia hasn't won gold since 1992, when it played as the Unified Team, there's even more anxiety.

"I think that always goes with the territory," U.S. general manager David Poile said. "It's probably even more so because starting from the top with Putin, he's wanted these Olympics; the centrepiece is the hockey. The whole Sochi is sort



Russians Sergei Gonchar, left, Alex Ovechkin and Ilya Kovalchuk were skated out of the rink 7-3 by Team Canada at the 2010 Winter Olympics in Vancouver. The home team should have ample inspiration to get revenge as their quest for gold gets underway on Feb. 13 against Slovakia. BRUCE BENNETT/GETTY IMAGES

of a man-made area, if you will, just for the Olympics.

"They're putting literally billions of dollars into this, and there's no question that the hockey is the centrepiece of the Olympics. The pressure's clearly on them. We're going to see

the best of the Russians, that's for sure."

Canada proved four years ago that pressure isn't prohibitive to winning; that being at home can be an incentive.

With the whole world watching them in their coun-

try, the Russians hope they, too, can capitalize on the home-ice advantage. And Ovechkin believes that mentality is his team's biggest strength.

"(The) most important thing is (it's) us against the whole world," said Ovechkin, who

dreamed as a child of representing Russia in a home Olympics. "I don't think somebody is going to be there ... to be just in the Olympic Games. Our mission is try to win the gold medal and play our best hockey."

THE CANADIAN PRESS

Thomsen at his best when he's tuned out



Invermere, B.C.'s Ben Thomsen is confident heading into the Olympics after a second-place finish in Sochi during the 2012 season. JEFF MCINTOSH/THE CANADIAN PRESS

The biggest moment of Ben Thomsen's racing career came two years ago in Sochi.

After a tough start to this season, the Canadian alpine skier is hoping to find some of that magic on the same Russian mountain at the Olympics.

Thomsen finished a surprising second at a World Cup downhill event back in February 2012, a result the 22-year-old believes will give him an edge at the Games.

"I'm definitely confident going back there. It was a huge part of my life and changed my life drastically," Thomsen said.

Ski patrollers packing heat

"Georgia is on the back side of the ski hill and getting off gondola stations, you've got five armed guards ... it's a bit nerve-racking and unwelcoming when you're from a place like Canada."

Ben Thomsen, on security during his 2012 World Cup second-place finish in Sochi.

"It will be interesting to see what kind of feelings and emo-

tions come up when I get there."

The Invermere, B.C., native has had a mixed bag of results during his career, threatening the podium at some events while struggling badly at others. Thomsen's recipe for success seems to be simple — don't overthink it.

"As I look back on my career, the times that I've done really well is when I don't really know what I'm about to face and I'm just going into it full bore," he said. "If I know a situation might be a little tricky I might kind of back off the throttle a little bit."

THE CANADIAN PRESS

Austrian pastime

After missing the first three Winter Games, Alpine skiing joined the program in 1936. Ten gold medals will be awarded in Sochi in men's and women's downhill, slalom, giant slalom, super-G and super combined.

Did you know?

105

Austria has won a record 105 Alpine skiing medals at the Olympics, nearly twice as many as any other country. Switzerland ranks second with 56.

Who'll lead Austrians?

Raich won't be on hand for opening

Austria is in need of a new flag-bearer for Friday's opening ceremony at the Winter Olympics as Alpine skier Benjamin Raich has delayed his trip to Sochi.

Raich will skip the Feb. 14 super-combine due to back problems.

THE ASSOCIATED PRESS

Hockey

Swedes select Nyquist to replace Franzen

Sweden's Olympic hockey team has replaced an injured Detroit Red Wings forward with a healthy one. Gustav Nyquist was given a spot on the roster on Monday to replace Johan Franzen. THE ASSOCIATED PRESS

Cross-country skiing

Tough decisions ahead in Norway

Norway's unrivaled depth in cross-country skiing is causing the team some problems ahead of the Sochi Olympics.

With a handful of medal contenders in nearly every event, the Norwegians face the prospect of having to drop either a double Olympic champion or a former world

champion from the men's individual sprint race.

Each team can enter four skiers, and Norway's coaches have already promised spots to three athletes. The fourth was set to go to Petter Northug, the team's big star who has struggled with illness this season.

But that would mean leaving out former sprint world champion Ola Vigen Hattestad in the fourth spot.

THE ASSOCIATED PRESS



Two-time Olympic gold medallist Petter Northug. GETTY IMAGES FILE

Horoscopes

Aries

March 21 - April 20

You are in a domineering mood at the moment and won't hesitate to tell others how to do things. But anyone who tries to tell you will most likely wish they had kept quiet.

Taurus

April 21 - May 21

You may find it hard to believe what you hear today but don't reject it out of hand because it may be true. Reserve judgment until later in the week when there are more facts available.

Gemini

May 22 - June 21

Information will come your way today that enables you to put one over on a rival. All is fair in love and war so don't hesitate to use what you learn for your own benefit.

Cancer

June 22 - July 23

It is important over the next 24 hours that you know when to speak up and when to stay silent. Important people will be either impressed or annoyed by what you have to say, so make sure you say the right thing.

Leo

July 24 - Aug. 23

It might be tempting to work even harder and faster but you will accomplish more in the long-term if you start slowly and think about what you are doing.

Virgo

Aug. 24 - Sept. 23

You may want to push ahead with a project that is close to your heart but according to the planets a colleague is having doubts and you must deal with those doubts first if you want to make progress.

Libra

Sept. 24 - Oct. 23

Anyone who thinks you are not ambitious will get a shock today as you push yourself harder than ever. But while it is okay to be hard on yourself it is not okay to be hard on friends and loved ones.

Scorpio

Oct. 24 - Nov. 22

You need to ask the right questions today and to do so you need to see your life for what it is, not what you wish it might be. Be completely honest with yourself.

Sagittarius

Nov. 23 - Dec. 21

According to the planets someone you work with is not being entirely straight with you. Before you go any further together in what you are working on demand to know where they are coming from.

Capricorn

Dec. 22 - Jan. 20

Someone whose point of view is very different to your own will say something that you cannot let pass and most likely you will end up having a major argument. But that's OK. It's wrong to remain silent.

Aquarius

Jan. 21 - Feb. 19

If you put your mind to it today you can change something about yourself that you have disliked for a very long time. How will you do that? By replacing a bad habit with a good habit.

Pisces

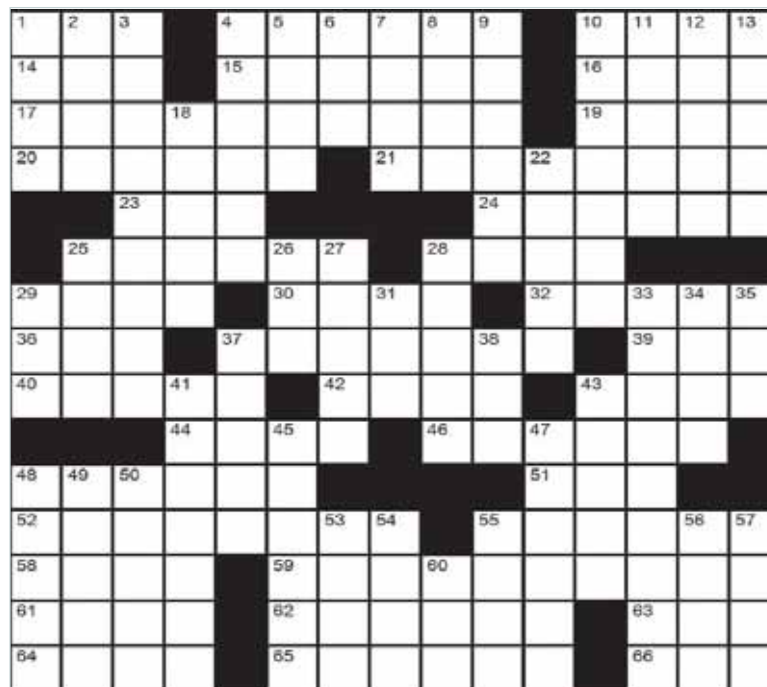
Feb. 20 - March 20

You are so self-confident at the moment that you can't see the obstacle that is ahead of you. You will see it soon, in the meantime, ignorance is bliss!. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Troublesome-ly tote
- Biggest thing since the Cronut
- Shania Twain trophy, e.g.
- Montevideo is its cap.
- Sarajevo's locale
- Bitterly bellyache
- Science Centre in Calgary: 2 wds.
- Comic strip, ___ and Janis
- Ms. Berry's
- 1985 Michael J. Fox movie: 2 wds.
- Frigid
- Way to move a wheel: 2 wds.
- Skincare brand
- Vacationing spot
- Computer company
- Cart-pullers
- Welsh poet Mr. Thomas
- Clash
- Secret
- Wonderment
- Certain carpeting
- ___ counter
- Determine
- Wedding gown trim
- Studies
- Dormant volcano in northwestern BC, Mount ___
- Peace sign's spelled-out shape
- Guy friendship, often on reality TV



- Mr. Whibley, Sum 41 frontman
- South Dakota dam
- Carly Rae Jepsen's new title role on Broadway
- Sultanate of ___
- Haunted house hangouts
- Turnaround,

Down

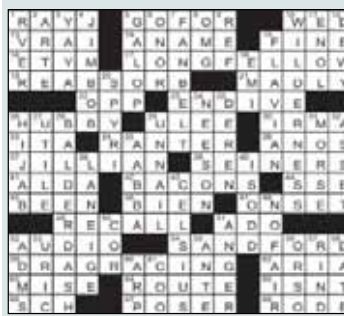
- Particular Protest-ant, puny-ly
- Fertilizer ingredi-ent
- Jonathan Swift classic, ___ Travels
- Particular TV net-work symbol: 2 wds.
- Antarctica: ___ Ice Shelf
- Slitherer

- It's a bug
- Limerick's land
- California competi-tion for the Raptors
- The ___ Family on PBS' "Downton Abbey"
- "The Brady Bunch" mom
- "Girl You Know It's True" duo half

BY KELLY ANN BUCHANAN

- High up
- Stress side effect, some say
- Expressionist painter, Emil (b.1867 - d.1956)
- Health food berry
- ___easter
- Rusty stuff, Iron
- Collectively: 2 wds.
- Canadian actress Ms. Cook, et al.
- Twilight
- CTV's "The Social" co-host: 2 wds.
- Grass append-ages
- '90s sitcom, "___ and Stacey"
- Shopping spot
- 5-5, in sports
- Nourishment
- Soeur's sibling
- High-kicking performance
- Very much op-posed to
- Novel with no paper pages
- Television genre
- Title comedy role for Adam Sandler
- Quote
- Tree-like Tolkien creatures
- Metric system prefix meaning 'one-tenth'
- Treble
- Bob Marley & The Wailers album
- Insult, in slang

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: -19°
MIN: -22°



MAX: -16°
MIN: -26°



MAX: -16°
MIN: -26°



MICHELE MCDUGALL
WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes!" **WEEKDAYS 5:30 AM**



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THE 2014 B 250. TOTAL PRICE¹: \$33,140^{**}

Finance APR	Lease APR	Lease Payment	
0.9%*	2.9%*	\$298*	3 months
60 Months	45 Months	\$6,190* Down	payments waived ²

¹Taxes extra.



THE 2014 C 300 4MATIC[™] AVANTGARDE EDITION SEDAN. TOTAL PRICE¹: \$44,890^{**}

Finance APR	Lease APR	Lease Payment	
0.9%*	2.9%*	\$358*	3 months
60 Months	39 Months	\$8,400* Down	payments waived ²

¹Taxes extra.



THE 2014 C 250 AVANTGARDE EDITION COUPE. TOTAL PRICE¹: \$47,390^{**}

Finance APR	Lease APR	Lease Payment	
0.9%*	2.9%*	\$468*	3 months
60 Months	39 Months	\$7,540* Down	payments waived ²

¹Taxes extra.



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© 2014 Mercedes-Benz Canada Inc. 2014 B 250 with Sport Package/2014 C 350 4MATIC[™] Avantgarde Edition Sedan/2014 C 350 Avantgarde Edition Coupe shown above. National MSRP \$32,500/\$52,800/\$54,850. ^{**}Total price of \$33,140/\$44,890/\$47,390 includes freight/PDI \$1,995, dealer admin fee of \$495, air-conditioning levy of \$100, EHF tires of up to \$16, PPSA up to \$27.80 and AMVIC fee of \$6.25. ²First, second and third month payment waivers are capped for the 2014 B 250/2014 C 300 4MATIC[™] Avantgarde Edition Sedan/2014 C 250 Avantgarde Edition Coupe up to a total of \$1,200/\$1,350/\$1,350 (including taxes) for lease programs and up to a total of \$1,800/\$1,950/\$1,950 (including taxes) for finance programs. Payment waivers are only applicable on the 2014 B-Class, C-Class Coupe and C-Class Sedan models. ¹Lease offers based on the 2014 B 250/2014 C 300 4MATIC[™] Avantgarde Edition Sedan/2014 C 250 Avantgarde Edition Coupe available only through Mercedes-Benz Financial Services on approved credit for a limited time. Lease example based on \$298/\$358/\$468 per month for 45/39/39 months. Down payment or equivalent trade of \$6,190/\$8,400/\$7,540 plus security deposit of \$300/\$400/\$500 and applicable taxes due at lease inception. MSRP starting at \$30,500/\$42,250/\$44,750. Lease APR of 2.9%/2.9%/2.9% applies. Total obligation is \$19,872/\$22,733/\$26,273. 18,000 km/year allowance (\$0.20/km for excess kilometres applies). Finance example is based on a 60-month term and a finance APR of 0.9%/0.9%/0.9% and an MSRP of \$30,500/\$42,250/\$44,750. Monthly payment is \$469/\$614/\$687 (excluding taxes) with \$5,630/\$6,865/\$7,115 down payment. Cost of borrowing is \$634/\$830/\$928 for a total obligation of \$33,746/\$43,692/\$48,290. Vehicle license, insurance and registration are extra. Dealer may lease or finance for less. Offers may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz dealer for details or call the Mercedes-Benz Customer Relations Centre at 1-800-387-0100. Offer ends February 28, 2014.